

ABSTRAK

Latar Belakang: Pada ibu hamil, anemia dapat meningkatkan risiko keguguran, risiko cacat lahir, kelahiran prematur, lahir mati, dan berat badan lahir rendah. Kehamilan trimester kedua adalah masa kehamilan 13 hingga 28 minggu atau saat usia kehamilan mencapai 4 bulan hingga 6 bulan. Pada masa kehamilan, volume darah akan meningkat secara bertahap dan bertahap. Peningkatan volume plasma darah ini terjadi untuk menyuplai darah ke rahim, payudara, ginjal, kulit, dan beberapa organ lainnya, serta untuk memperlancar pertukaran gas dan nutrisi pada ibu dan janin. Hasil penelitian ini akan menambah wawasan ibu hamil agar ibu hamil makan makanan yang bergizi serta melakukan pemeriksaan kehamilan rutin ke petugas kesehatan.

Metode: Penelitian ini berjenis penelitian deskriptif yang mendeskripsikan atau menjelaskan obyek penelitian dan menjawab peristiwa atau fenomena apa yang terjadi. Penelitian ini mendeskripsikan gambaran kadar hemoglobin darah pada ibu hamil dengan anemia di PMB Giyati.

Hasil: Penelitian menggunakan sampel 34 ibu hamil dengan anemia di PMB Ny. Giyati dengan kelompok keseluruhan menjalani intervensi dengan pemberian jus jambu dan dilakukan *pre-post-test*, serta hasil analisis univariat dan bivariat.

Simpulan : Ibu hamil dianjurkan untuk lebih memperhatikan kesehatan dan mencoba untuk mengonsumsi suplemen penambah kadar Hb seperti Fe. Bidan praktik di PMB Ny. Giyati dapat lebih peka terhadap pasien ibu hamil dengan risiko anemia dengan memberikan edukasi yang tepat.

Kata Kunci: umur, pendidikan, pekerjaan, hemoglobin.ibu hamil.

ABSTRACT

Background: In pregnant women, anemia can increase the risk of miscarriage, the risk of birth defects, premature birth, stillbirth, and low birth weight. The second trimester of pregnancy is the period of pregnancy from 13 to 28 weeks or when the gestational age reaches 4 months to 6 months. During pregnancy, blood volume will increase gradually and gradually. This increase in blood plasma volume occurs to supply blood to the uterus, breasts, kidneys, skin, and several other organs, as well as to facilitate the exchange of gases and nutrients in the mother and fetus. The results of this study will increase the insight of pregnant women so that pregnant women eat nutritious foods and carry out routine pregnancy checks with health workers.

Method: This study is a descriptive study that describes or explains the object of research and answers what events or phenomena occur. This study describes the picture of blood hemoglobin levels in pregnant women with anemia at PMB Giyati.

Results: The study used a sample of 34 pregnant women with anemia at PMB Ny. Giyati with the entire group undergoing intervention by giving guava juice and a pre-port-test was carried out, as well as the results of univariate and bivariate analysis.

Conclusion: Pregnant women are advised to pay more attention to their health and try to consume supplements to increase Hb levels such as Fe. Midwives practicing at PMB Ny. Giyati can be more sensitive to pregnant women patients at risk of anemia by providing appropriate education.

Keywords: age, education, occupation, hemoglobin. pregnant women,